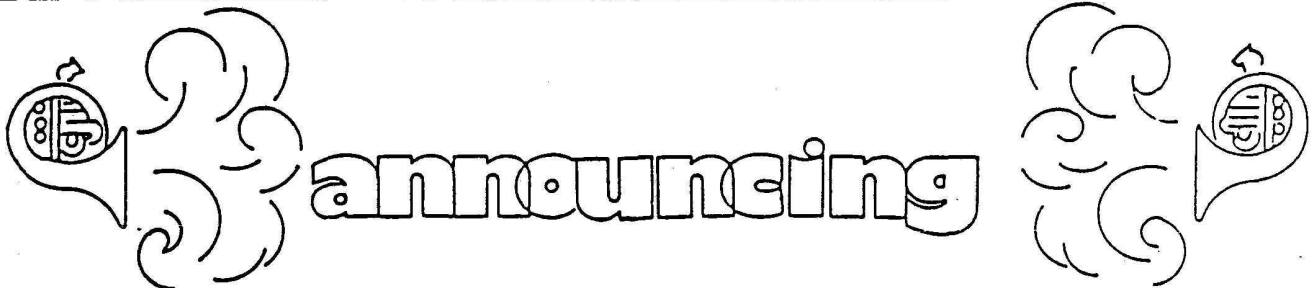


NEWSLETTER

AIDS NETWORK OF EDMONTON SOCIETY

JUNE, JULY, 1987

Volume 2 No. 6



U of A HOSPITAL OPENS HIV CLINIC

The Division of Infectious Diseases of the University of Alberta Hospitals has announced the establishment of an HIV Clinic under the direction of Dr. Geoff Taylor and Dr. Lil Miedzinski. The Clinic will see patients with AIDS or ARC, those who test seropositive and individuals who wish an assessment regarding HIV infection.

The Clinic does not undertake general medical care. It is to be seen as a supplement to a personal physician for concerns specifically related to HIV infection rather than an alternative to your own doctor.

The Clinic operates by appointment only. It is not a drop-in centre and does not operate a telephone information service. APPOINTMENTS MAY BE MADE WITH THE CLINIC DOCTORS BY TELEPHONING 432-6221.

The Clinic operates confidentially; if HIV testing is to be carried out, it will be done using a number rather than the person's name.

Counselling and social work services are available at the Clinic which will maintain a liaison with the social support services of the AIDS NETWORK.

For more information, contact the AIDS NETWORK at 424-4767.



Reprint from
New Woman

"It's just that after spending \$64 at the hairstylist, \$289 for this dress, and \$112 for these shoes, I'm not ready for casual sex."

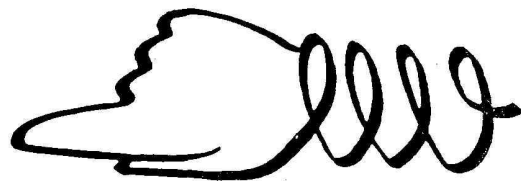
EDMONTON RESIDENCE FOR PERSONS WITH AIDS

Catholic Social Services of Edmonton will open by early fall a residence for persons with AIDS/ARC seeking a home. With emphasis on the social and recreational needs of residents, the facility will be home-like with a maximum of independence afforded to everyone in a community setting. Each person living in the house will have access to the two kitchens, living and rumpus rooms, as well as his own bedroom. To insure privacy the address will be kept confidential.

Initially Catholic Social Services' residence will accommodate four persons - however it can expand to eight and a second residence may be available as needed in the future. An overnight employee, and a day time worker will provide for the management of the facility. Nursing services on a part time basis will also be available. Volunteers will be utilized as "buddies" and to assist in the management of the residence.

The first in Western Canada, this residence is the first phase of an overall plan for assistance to persons with AIDS/ARC outside hospital being developed by the Committee on Care/Accommodation. Initiated by the AIDS NETWORK other members of the Committee include Catholic Social Services, Victorian Order of Nurses, Palliative Care Unit of the General Hospital, HIV Clinic- U of A Hospital, and the Grey Nuns. Further information is available through the NETWORK.

VOLUNTEER NEWS



VOLUNTEERS NEEDED - The AIDS Network is recruiting individuals interested in volunteering on the public speaking bureau, the telephone line, and providing emotional/practical support as a "Buddy" to a client. Several new volunteer areas will be developing in the fall for which additional volunteers will be needed. If you are interested in a challenge contact the NETWORK office at 424-4767 and inquire about our volunteer program.

FALL VOLUNTEER TRAINING PROGRAM: Training of new volunteers is scheduled to happen between Sept. 20 and October 19, 1987. Current volunteers are invited to participate in training sessions specific to areas they wish to expand into. For details contact the NETWORK office at 424-4767.

BUDDY SUPPORT MEETING: Volunteers presently working as a "buddy" are invited to a regularly scheduled monthly meeting. This will be an opportunity to receive support from fellow "buddy" volunteers, share information and discuss any issues or concerns arising from your volunteer involvement. The initial buddy support meeting will be on July 14th at 7 p.m. at the AIDS NETWORK office.

STAFF B-B-Q: Volunteers, PWA's and staff will have an opportunity to say goodbye to Lorraine Kupfer at a NETWORK B-B-Q planned for July 29th. Set this evening aside on your social calendar and enjoy an evening of fun among friends. Details are available at the NETWORK.

VOLUNTEER INSERVICE MEETING: The date for the next regular volunteer inservice meeting is August 17th at 7:30 p.m. at St. Stephen's College. See you there.

PALLIATIVE CARE TRAINING FOR VOLUNTEERS: The AIDS NETWORK, along with several other agencies in Edmonton, have been invited to participate in training several of the volunteers in the area of palliative care. These trained NETWORK volunteers would be offering an invaluable additional dimension of support and understanding to some of our clients in the future. The training sessions will occur in the fall. If palliative care is an interest of yours you may wish to consider this volunteer opportunity. Contact Brigitte at the NETWORK at 424-4767 for details.



Source Unknown



Life, Death and Transition Workshop

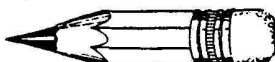
This workshop will be held in Edmonton from August 31 to September 4. It is designed "to teach professionals effective and positive ways of helping themselves and others externalize their feelings of anger, guilt, grief and fear". An information sheet and application form are available at the AIDS NETWORK office. Further information can be received from Lorraine Kupfer (424-4767; 433-4697). This is a five-day residential workshop offered by the Elizabeth Kubler-Ross Center.

PUBLIC ADDRESS by DR. ELIZABETH KUBLER-ROSS

On the evening of September 2, Elizabeth Kubler-Ross will speak at the Jubilee Auditorium. Tickets can be purchased through Bass Tickets early in August. When she was in Edmonton two years ago, 3000 people came to hear her message.

Caring for the Caregiver

A one-day workshop for care givers will be held all day Saturday, September 5th. The workshop will be conducted by Larry Lincoln, an internist and communicable disease specialist who is now assisting Elizabeth Kubler-Ross in her work with those suffering loss as well as those giving care and support. To register, contact Corry Roach (463-8695) or Maura Gent (459-2747). Registration fee for this event is \$25.00. Advanced registration is necessary and those interested in registering should do so as soon as possible.



SUNDAY SHOPPING

A big THANKS to Boots "n" Saddle for the money they raised from their July 5 fundraiser.

September 6 will be the next Sunday shopping at Boots "n" Saddle, with proceeds from Swizzle-sticks haircuts and part of the cover charge going to the AIDS NETWORK.

FORUM

WOMEN AND AIDS: Changing Sexual Responsibility

DATE: Tuesday, August 11th, 1987

TIME: 7:30 p.m.

PLACE: Citadel Theatre

PURPOSE:

To inform and educate women about AIDS-its transmission, relationship to pregnancy and birth, prevention, symptoms and family issues. Will provide an opportunity to update women on AIDS in Alberta/Edmonton, as well as the resources and agencies available for referral.

FORMAT:

Panel presentation on specific topics with a host, 3 presentors, question period, displays and informal "coffee" in lobby.

Panel will include one international speaker and 2 women from Edmonton with expertise on AIDS.

HOST/MODERATOR:

Bettie Hewes

Recipient, 1987 YWCA Tribute to Women Award
MLA, Gold Bar

PANELISTS:

1. John L. Sever M.D., PH D
Chief of Infectious Diseases
Neurology Institute
National Institute of Health, USA
2. Dr. Barbara Romanowski
Director, Sexually Transmitted Disease
Control
Alberta Community and Occupational
Health
3. Anne Loewan
Psychologist
Volunteer Facilitator, Family Support
Group
AIDS Network of Edmonton Society

FORUM SPONSORS:

Edmonton YWCA
AIDS Network of Edmonton Society
Edmonton Telephones
Community and Occupational Health

ADMISSION:

\$5.00 per ticket. Tickets available through all BASS outlets and at the Citadel.

FOR FURTHER INFORMATION:

Noreen Waldron-AIDS NETWORK - 426-1516
Jeannie Bodnaruk - YWCA - 435-0950



When a friend has AIDS...



When someone you know becomes ill, especially with a serious illness like AIDS, you may feel helpless or inadequate. If he or she has been a good friend you may say, "Just call if you need anything." Then out of fear or insecurity you may dread the call, if it comes. Here are some thoughts and suggestions that may help you to help someone who is very ill.

- . Don't avoid him. Be there - it instills hope. Be the friend, the loved one you've always been, especially now when it is most important.
- . Touch her. A simple squeeze of the hand or a hug can let her know that you still care. (Don't be afraid... you can not contract AIDS by simply touching.)
- . Call before you plan to visit. He may not feel up to a visitor that day. Don't be afraid to call back and visit on another occasion. He needs you. He may be lonely and afraid.
- . Weep with her when she weeps. Laugh when she laughs. Don't be afraid to share these intimate experiences. They can enrich you both.
- . Call and say you're bringing his favorite dish. Be specific about what time you are coming. Bring the food in disposable containers, so he won't worry about washing dishes. Spend time sharing a meal.
- . Take her for a walk or outing, but ask about and know her limitations.
- . Offer to help answer any correspondence with which he may have difficulty dealing.
- . Call and ask for a shopping list and make a "special delivery" to her home.
- . Help him celebrate holidays - and life - by decorating his home or hospital room. Bring flowers or other special treasures. Include him in your holiday festivities.
- . Help her lover, care partner, or roommate. Though she is the one who is sick, they may also be suffering. Care partners may also need a small break from the illness from time to time. Offer to stay with the person who is sick in order to give her loved ones a break. Invite them out. Offer to accompany them places. They may need someone to talk with as well.
- . If he is a parent, help care for his children. Offer to bring them to visit.

. Be creative. Bring books, periodicals, taped music, a poster for the wall, home-baked cookies or delicacies to share with visitors. All of these become especially important now. Bring along another old friend who perhaps hasn't yet been to visit.

. Don't be reluctant to ask about her illness. She may need to talk about her condition. Find out by asking: "Do you feel like talking about it?"

. Don't feel that you both always have to talk. It's okay to sit together silently reading, listening to music, watching television... holding hands. Much can be expressed without words.

. Can you take him somewhere? He may need transportation to a treatment..to the store or bank...to his physician.. or perhaps to a movie.

. Help her feel good about her looks if possible ...Tell her she looks good, but only if it is realistic to do so. If her appearance has changed don't ignore it. Acknowledge the fact. But be gentle, and remember...never lie.

. Include him in decision making. He's been robbed of so many things and has lost control over many aspects of his life. Don't deny him a chance to make decisions, no matter how simple or silly they may seem to you.

. Tell her what you'd like to do for her, and if she agrees do it. Keep any promises you make.

. Be prepared for him to get angry with you for "no obvious reason," although you've been there and done everything you could. Permit him this, and don't take it personally. Feel flattered that he is close enough to you to risk sharing his anger or frustration.

. Dish with him if he indicates that he's tired of talking symptoms, doctors and treatments. If he seems interested, fill him in on disco, gym, organizations or mutual friends. Take your cue from him.

. What's in the news? Discuss current events with her. Help keep her from feeling that the world is passing her by.

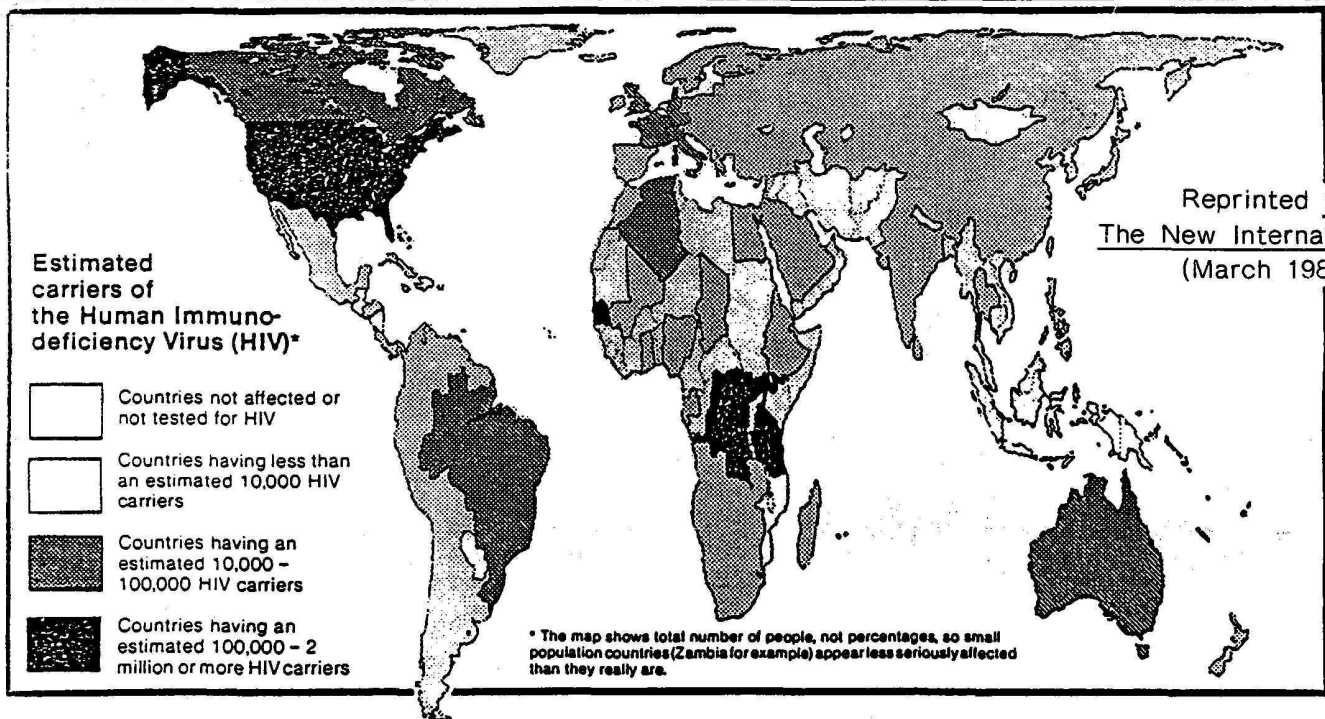
. Offer to do household chores, perhaps taking out the laundry, washing dishes, watering plants, feeding and walking pets. This may be appreciated more than you realize. However, don't do for him what he can do for himself. Don't take away chores he can still do. He's already lost enough. Ask before doing anything.

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Part Two -
Next Month

Reprinted from
The New Internationalist
(March 1987)



New factors in AIDS reported at conference

BERKELEY — The fewer "helper" white blood cells an AIDS-infected man has, the more likely his infection will progress to disease within two years, California researchers reported Monday, June 1. Also, an infected man's chance of developing AIDS in that time increases dramatically as he shows signs of specific AIDS-related conditions, the scientists said.

The researchers from the San Francisco Men's Health Study are using both blood cell count and a new index of AIDS-related conditions to predict infected persons' likelihood of developing AIDS within two years.

Their most precise predictions have come from combining the two measures, they reported today during the Third International Conference on AIDS, held in Washington, DC.

The San Francisco Men's Health Study, based at the University of California in Berkeley and Children's Hospital of San Francisco, has been following the progression of AIDS among more than 1,000 homosexual, bisexual, and heterosexual men in San Francisco. The study sample represents the population of 19 census tracts in San Francisco where the AIDS incidence is highest.

The research team studied 370 homosexual and bisexual men who were already infected with the AIDS virus when they entered the study.

The scientists found that infected men

with fewer than 500 helper T-lymphocytes per microliter (white blood cells important in regulating the immune system) has almost five times the chance of developing AIDS in two years as men with more than 800 helper cells per microliter.

The researchers also developed a clinical index of specific AIDS-related conditions which . . . more precisely predicted an infected man's risk of developing disease in two years.

The researchers also developed a clinical index of specific AIDS-related conditions which, when combined with blood cell data, more precisely predicted an infected man's risk of developing disease in two years.

According to this clinical index, the degree of immune impairment in the lowest risk group is marked by the appearance of none or one of twelve specific AIDS-related conditions. Among these

conditions are thrush (a fungal mouth infection) and night sweats, fatigue or diarrhea lasting more than two weeks. (Lymphadenopathy is not included in the index since its presence was not found to indicate immune impairment.)

In men with two or more of these conditions the risk of developing AIDS within two years is clearly higher, the researchers determined.

Using this index and helper cell blood counts, the researchers found that whether men had more or less than 500 helper cells, their risk of developing AIDS in two years nearly doubled if they showed two or more of the specified conditions.

Men with less than 500 helper cells and two or more conditions were most likely to progress to AIDS in that time (38 percent chance) while men with more than 500 helper cells and less than two conditions were least likely (5 percent chance).

The data did not address what, if any, factors such as specific sexual behavior, drug use, or efforts to boost the immune system affected the deterioration or stabilization of an individual's immune system.

According to Lang the study's overall findings are discouraging because a majority of the infected men have shown declining helper cell counts, a sign that their immune systems are weakening.

The San Francisco Men's Health Study is supported by the National Institute of Allergy and Infectious Diseases. □

Reprinted from The Seattle Gay News
(June 12, 1987)

SERVICES PROVIDED
BY THE
AIDS NETWORK OF EDMONTON SOCIETY

INFORMATIONAL: The AIDS Network of Edmonton Society operates an information and support line on AIDS. The phone line (429-AIDS/2437) is operated Monday to Friday from 9 a.m. to 9 p.m. The AIDS NETWORK will also accept in-person information requests at our office (10233-98 Street) Monday to Friday from 9 a.m. to 6 p.m. A system of information files is available to the public.

EDUCATIONAL: The AIDS Network of Edmonton Society provides individual speakers or panels for educational presentations to concerned groups, on all aspects of the AIDS crisis. The AIDS NETWORK will also make informational resources available to agencies involved in information/support services.

COUNSELLING: The AIDS Network of Edmonton Society provides confidential one-on-one counselling to persons directly affected by AIDS, or to those concerned about AIDS. The AIDS NETWORK provides referrals to appropriate professionals if requested or needed. The AIDS NETWORK also provides volunteer lay counsellors to persons with AIDS or ARC.

REFERRALS: The AIDS Network of Edmonton Society maintains a list of professionals for referral in the areas of : personal counselling, substance abuse counselling, bereavement counselling, medicine, dentistry, law, and social services.

SUPPORT GROUPS: The AIDS Network of Edmonton Society operates and co-ordinates support groups for persons directly affected by AIDS. Presently groups are provided for:

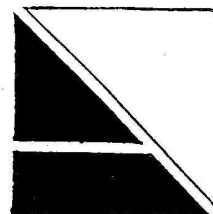
- Persons with AIDS
- Persons with ARC
- Persons who have tested positive for HIV Antibodies
- Friends, Families, and Lovers of Persons with AIDS or ARC

ADVOCACY: The AIDS Network of Edmonton Society will assist the HIV infected in any way possible who are facing discrimination because of their health status. The AIDS NETWORK maintains a referral list of legal professionals.

FINANCIAL: The AIDS Network of Edmonton Society gratefully accepts donations to the Ross Armstrong Memorial Trust Fund which is used directly to assist persons with AIDS or ARC. The AIDS NETWORK is a registered non-profit charitable organization. Donations may also be made to assist us in our general work.

Office Address:

10233 - 98 Street
Edmonton, AB
T5J 0M7



Telephone Number:

Info Line: 429-AIDS
Business Line: 424-4767

Office Hours:

Monday - Friday 9 a.m. - 6 p.m.
Information Line Hours:
Monday - Friday 9 a.m.- 9 p.m.

The Newsletter is published monthly by the AIDS NETWORK OF EDMONTON SOCIETY with financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH AND WELFARE CANADA. The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC. Articles are usually prepared by NETWORK staff and/or the source acknowledged when reprinted.

ROSS ARMSTRONG Memorial Fund

The fund uses monies donated or raised directly to assist persons with AIDS OR ARC.

UPDATE:	02, July 1987
total income:	\$ 4,991.61
total awards:	\$ 2,017.57
balance:	\$ 2,974.04

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June-July, 1987, pp. [1]+. Archives of Sexuality and Gender,
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